Grow the Green, Shrink the Red:
Overview of the New USN–USMC Combat and Operational Stress Control (COSC)

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Navy and Marine Corps Combat & Operational Stress Conference 2010:
"Taking Action, Measuring Results"

Naval Center COSC
Combat & Operational Stress Control

Why Are We Having This Conference?

Unity of Effort Requires a Doctrine

Our new Combat and Operational Stress Control (COSC) doctrinal manual is expected to be signed by DC, CD&I, by June 2010

- "Combat and Operational Stress Control"
- Marine Corps Reference Publication (MCRP 6-11C)
- Navy Tactics, Techniques, and Procedures (NTTP 1-15M)
- Replaces "Combat Stress" (MCRP 6-11C, NTTP 1-15M, FM 90-44/6-22.5), dated 23 June 2000, for USN and USMC
- US Army revised its own COSC manual in 2006

Who Is MCRP 6-11C/NTTP 1-15M Intended For?

- Primary target audience (per Dev. Order):
  - Type, numbered fleet, regional, and unit and installation commanders
  - Specialty leaders, small unit leaders
  - Training officers, training teams
  - Service member families
- Secondary audience:
  - MAGTF commanders and their staff
  - Medical and religious ministry personnel

MCRP 6-11C Target Audience

LINE LEADERS

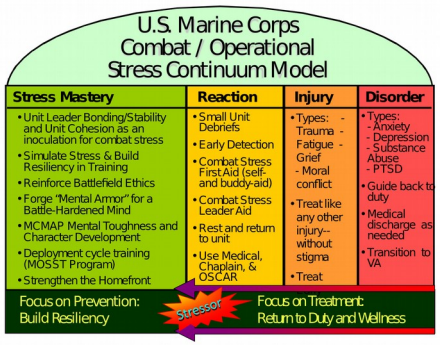
FAMILIES

MEDICAL AND CHAPLAINS

RESEARCHERS

COSC Doctrine Overview: Three Tools

Stress Continuum Model

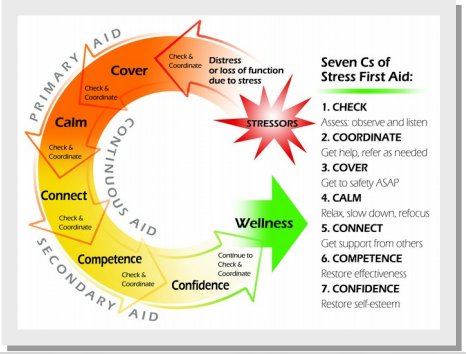

U.S. Marine Corps
Combat / Operational
Stress Continuum Model
Stress Mastery
Reaction
Injury
Disorder
• Unit Leader Bonding/Stability and Unit Cohesion as an inoculation for combat stress
• Simulate Stress & Build Resiliency in Training
• Reinforce Battlefield Ethics
• Forge "Mental Armor" for a Battle-Hardened Mind
• MCMAP Mental Toughness and Character Development
• Deployment cycle training (MOSST Program)
• Strengthen the Homefront
• Small Unit Debriefs
• Early Detection
• Combat Stress First Aid (self- and buddy-aid)
• Combat Stress Leader Aid
• Rest and return to unit
• Use Medical, Chaplain, & OSCAR
• Types: - Trauma - Fatigue - Grief - Moral conflict
• Treat like any other injury-- without stigma
• Treat
• Types: - Anxiety - Depression - Substance Abuse - PTSD
• Guide back to duty
• Medical discharge as needed
• Transition to VA
Focus on Prevention: Build Resiliency
Stressor
Focus on Treatment: Return to Duty and Wellness

Situation

Five Core Leader Functions

Mission

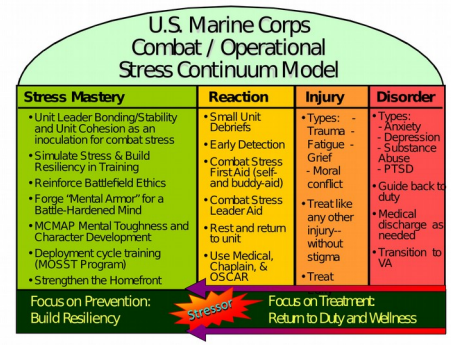
Combat & Operational Stress First Aid (COSFA)



Execution

Everything In This Conference Should Fit With These Three COSC Components!

Stress Continuum Model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Execution

Situation: The Stress Continuum

Milestones

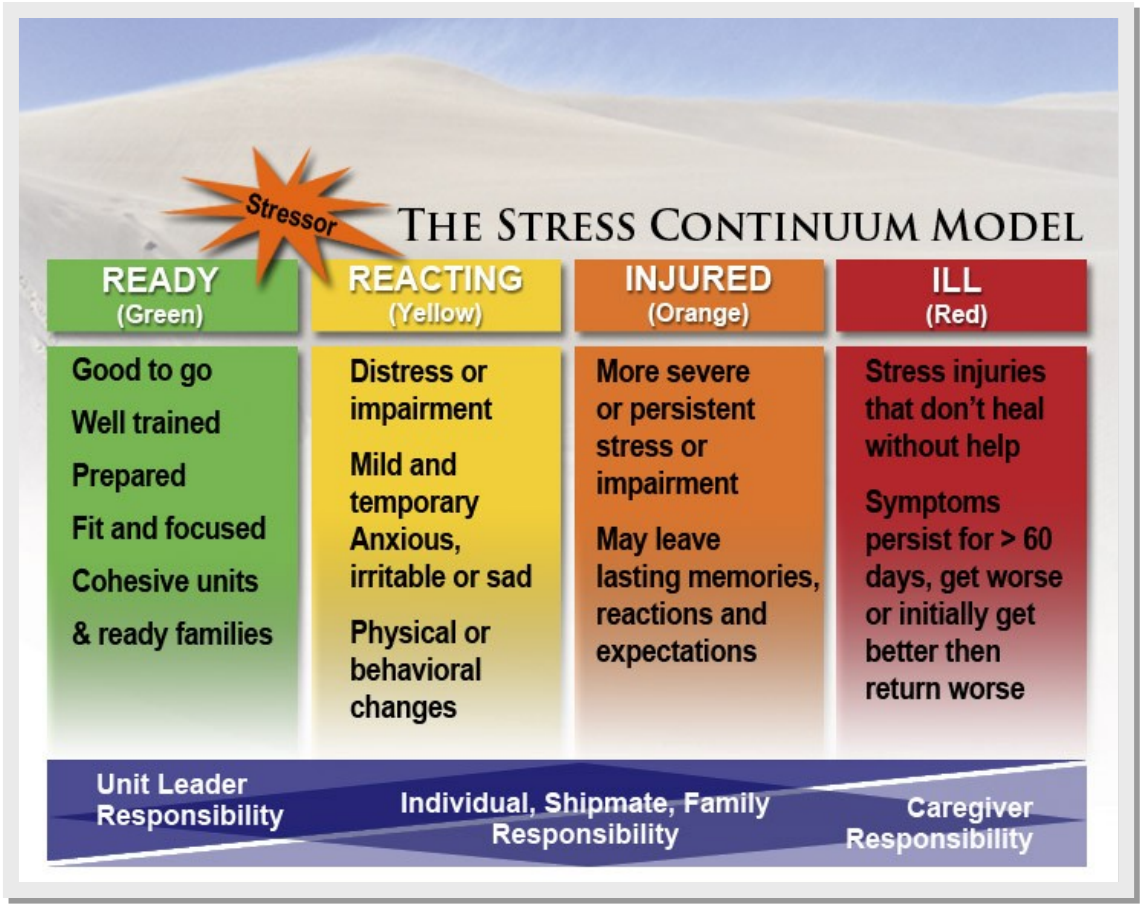
2004: No OIF/OEF combat stress epidemics

2005-2006: Even the strong & brave, and their families, can be damaged by stress

2007:

- "Stress Injury" concept at 1st USMC COSC Conference
- Tri-MEF COSC WG, chaired by LtCol Swan
- Three MEF CGs endorsed Stress Continuum Model

2008: CNO adopts Continuum Model for Navy OSC



Four Causes of Stress Injury

Intense or Prolonged Combat or Operational Stress

- A <u>traumatic stress</u> injury
- Due to terror, horror, or helplessness

- A <u>fatigue</u> injury
- Due to the accumulation of all stress over time

- A <u>grief</u> injury
- Due to the loss of cherished people or things

- A <u>moral</u> injury
- Due to a betrayal of moral values

Ways to Prevent Adverse Stress Outcomes

Resistance	Withstanding intense stress without bending	No serious distress or loss of function
Resilience	Bouncing back after being bent by stress	Transient distress or loss of function
Recovery	Healing and growing after being damaged by stress	Serious distress or loss of function that doesn't ruin your life

These are PROCESSES, not fixed STATES

Mission:
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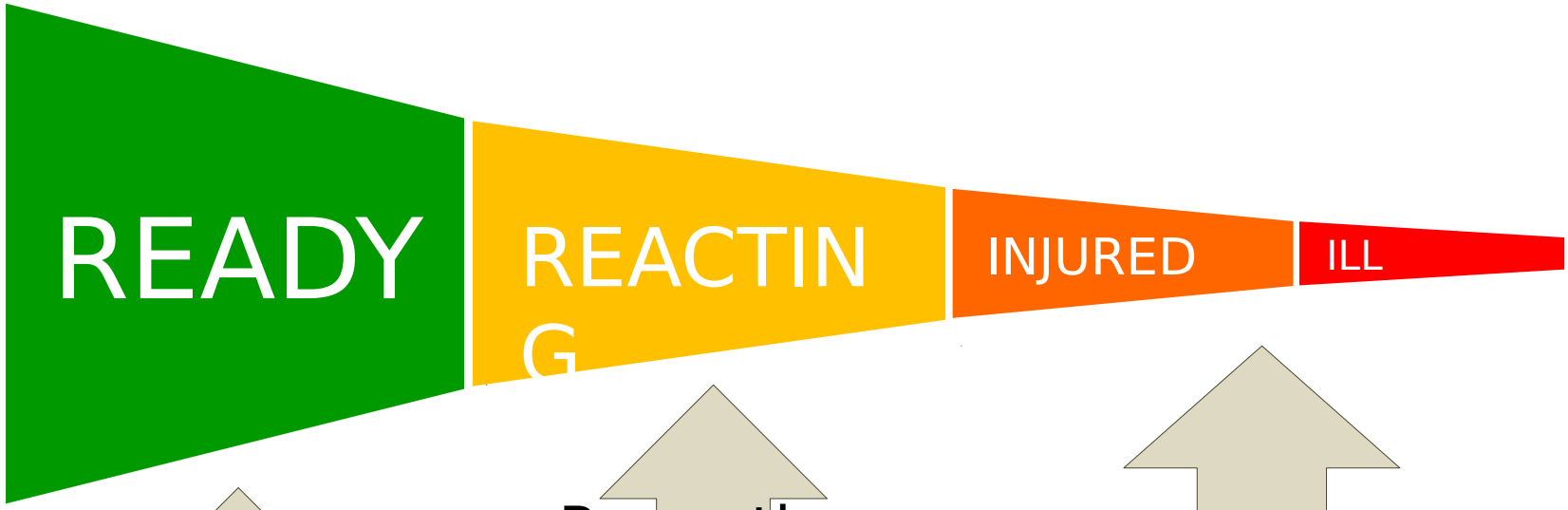

Building ***RESISTANCE:***

Keeps people in the Green Zone longer

Promoting ***RESILIANCE:***

Helps people tolerate Yellow Zone stress better, and recover from it quicker

Aiding ***RECOVERY:***

Helps people recognize and get out of the Orange Zone or Red Zone faster and more completely

Mission: Five Core Leader Functions

Milestones

2008:

- Ongoing Tri-MEF COSC WG develops DOTMLPF for COSC and OSCAR
- LtCol John Armellino, USMC, TECOM named the five core functions

2008-2009:

- COSC doctrinal manual written around these Five Core Leader Functions for COSC & ISC

Only leaders in units and families can be responsible for these functions

We Need Simple & Specific Tools to Execute The COSC Mission

Military leaders already have tools for these two functions

But not so much for these

Execution: Combat & Operational Stress First Aid (COSFA)

Milestones

2004: VA/DoD Practice Guidelines for traumatic stress recommend CISD no longer be used

2006: VA NCPTSD and National Center for Child Traumatic Stress (NCCTS) develop Psychological First Aid (PFA)

2009: COSFA is developed from PFA to fit into military culture and existing social structures

2010: COSFA is broadly incorporated in training in USN and USMC

COSFA can be learned by anyone, and performed anywhere

Questions?